

November 27th Square: Being Independent vs. Being Supported

(Those highlighted in yellow were added after the call)

Desire to be independent

To be free; to do whatever I feel like; to get my own way; to travel the world; to walk my own path; to be a rebel; to make sure all my needs are met; to not have to rely on the support of anybody else; to avoid disappointment and the pain of disappointment; to be self-sufficient; to not be submissive anymore; to avoid being betrayed; to be special; to be who I am; to be authentic; to not have to answer to anyone; to be my own boss; to make my own decisions; to grow stronger; to avoid being vulnerable; to be able to walk away; to feel superior and better than all the others that have stayed dependent; to have choices; to take pride in personal responsibility and accomplishment; I can be arrogant; to stretch and test my limits; to be self-confident; to feel strong; to have power; to be equal in a dialogue; to have equality; to stand up for myself; to enjoy life; to be happy with my skills; to have a lot of options; to make my own choices; to be centred; to contribute; to trust in myself; to be untouchable; to be invincible; to be omnipotent; to play God; to be a tyrant; to be a saviour; to make others dependent; to dominate; to control; to help others; to cut all the ties and not look back; to cut the umbilical cord; to individuate from entanglement and enmeshment and into my divinity/ into oneness; to change systems – to be a change agent for a new system; to upgrade the system or get out of the system; to be a hero and be on the leading edge; to be a role model; to learn to be interdependent; to claim my sovereignty; to be able to acknowledge and respect others' sovereignty; to have power over others; to avoid others having power over me; to avoid being dominated; to take a risk, a leap of faith and to skywalk; to trust and to know that the universe has my back; to allow the wings of grace to have my back – very exhilarating; to not have to answer to somebody else;

To uphold the romantic association of being the starving artist;

To support others in their independence;

To disentangle myself from co-dependency;

To be honoured for the divine being that I am;

To have a four-hour work week;

To be a disrupter;

Fear of being independent

The desire to be independent can be the scariest thing to do;

Fear of letting go the romance of being the starving artist; **fear of letting go an identity I so deeply identify with;**

Fear of closing off the support; **creating separation between me and others;**

Fear of falling into exceptionalism and elitism; fear of entitlement;

The lone ranger is the natural response to the limited support available in the 3d; buying into having to play the lone ranger role; fear of having to be the lone ranger; homelessness; starvation; destitution; being a bad person; rejection; being ostracised; cutting myself off from the divine; loss of community; being out in the cold; having the stress of too much responsibility; being an untouchable; having to beg for business; **loss of dignity;** so much effort; having to market myself; having to play big; fear of being alive; risk is amplified because you are on your own; fear of being a rolling stone; having to compete with others; being an outcast and making difficult choices; fear of making life more difficult for others – not doing what others are expecting – creating backlash; being selfish; letting others down; **letting myself down;**

Being stubborn and not listening to others; fear of making wrong decisions; fear of being set in my ways; **being rigid;** losing flexibility; being resistant to change; not growing; stagnation; having no power; fear of not being chosen; being misunderstood and misunderstanding others; fear of being met with contempt and dislike; fear of not being heard; not having the right to speak; being ignored; being different and not belonging;

having to take care of everyone else; fear of being burdened by responsibility; fear of 'salary-insecurity' every month; not having space to exist; having to speak up for myself; being defenceless and vulnerable; fear of other's judgment; being judged; fear of having to be courageous and having to do everything myself; fear of stress and overwhelm; exhaustion; depletion; no room for creativity and things I want to do; hardship; fear of being a workaholic and working on weekends and after hours all the time;

Fear of being a target for attack and jealousy if I'm successful and independent; **fear of others' envy; fear of others' negative projections;**

Fear of not being supported;

Fear of too much responsibility; fear of failure; fear of not surviving; fear of loneliness; fear of no love;

Becoming full of myself; too much pride; arrogance; isolation; separation; being disillusioned;

Feeling like a fraud and not measuring up; **still feeling inadequate;**

Fear of not finding agreement or consensus; being a disrupter; not being able to form coalitions and join energy together in order to create; not being able to collaborate; fear of not connecting with others;

Missing opportunities (because no-one tells you about them; or that involve collaboration);

Being imprisoned, tortured, killed for being a disrupter;

Being powerful; abusing power

Desire to be supported

To be honoured for the divine being that I am;

Because I don't believe in my abilities and ability to support myself; I do not know how to support myself in this world; ****I do not know how to survive/thrive in a merchant society with the skills and talents that I bring to the world**;**

To play the game of victimhood and helplessness;

To leach off others; to be a free-loader; **it's my way of trying to compensate for a shitty and disempowering childhood; it's my expression of entitlement;**

To have others to depend and rely on; so I won't be alone; so I can delegate extra work or chores, to get help; to feel secure; for security; to be mothered like a child; to compensate for the lack of support that we experiences as children; **because I do not know how to support myself (financially);** to be provided for; to have space and time and energy for fun stuff; to be creative; for freedom; to grow; to be financially secure; to be safe; for survival; to enjoy working together with others in a team; for getting feedback or validation; less responsibility; less toil, work, effort, exhaustion, drudge, less drudgery; for more fun; to have others to share feelings with – for emotional support; to feel being cared for; to feel loved; to share joy with others; for connection; to be seen and heard; to reciprocate; to share uncertainty in a safe setting; to be loved unconditionally; for community; for unity; to feel accepted and a sense of belonging; we are wired for tribal living; to stop worrying; to breathe freely; to have a sense that someone has my back; to be less vigilant; to relax; no need to

protect the fort; the hypervigilance can dissolve; it's natural to be supported – to honour our natural/innate interconnectedness; to have energy to support others; to be able to share and care; because it brings the acknowledgment that we are One and loved and not alone; because it is natural and normal to be supported, as well as being interconnected and interdependent as One;

To be willing to do anything to be supported in order to get my needs met;

Allowing myself to be led; looking at getting support from eternity – leaning into it and surrendering; being vulnerable and opening my heart; being willing to let go;

To be spoon fed like a child; to act sick so I get love and attention; acting helpless and being pathetic to get attention; to be accommodated; to be ill can be a survival skill – to get enough attention to survive;

To feel complete; to feel full; to feel whole; to have no unmet needs; to have needs met; to experience reciprocity; to feel satisfied and content;

To have more power (not acting alone); to avoid being the lone ranger; having the power of the group behind me; to be more effective; to have more than one voice; more weight – people will listen to me; there is a power in community; the power of having choice for community; there is purity in coming to together;

To reach a higher vibration;

To grow spiritually and creatively;

To be a princess and have it easy; to be special; to be a queen and rule the roost;

For more choice;

To feel important and valued; to feel deserving; to feel worthy of support; to become more independent; to choose how I use my resources; to gain confidence; to have someone agree with me;

To feel the joy of power, togetherness, oneness, abundance; no need to be afraid; I will always have another supporting me; safe and secure; smiling; easier to do what we really love;

Out of fear of change; to keep the status quo – even if it keeps me small;

To justify my victimhood;

Fear of being supported

Being a martyr, victim, sacrificing myself;

If I am supported, I become indebted to others; obligated; owing someone something; fear of servitude;

Wanting it at any cost; being willing to give up sovereignty and authenticity;

Willing to do anything to be supported in order to get my needs met; prostituting myself; feeling powerless on my own and dependent on others; can't be in control; handing over my power; giving up dreams to fit in; pain of losing my authentic self; feeling limited (not developing ourselves in other areas) – places limits on self-expression, education, development self-expression; feeling controlled; being trampled by the mob; being manipulated by the one who is supporting you; having support wheels for ever; always needing training wheels; feeling handicapped; not trusting my abilities and not trusting that I can develop in any area; fear of feeding the fear of change; being stifled; squashed, oppressed, trapped, suppressed; not moving beyond comfort zone; stunting my own growth; fear of slavery; fear of enslavement;

Being given orders;

Being overruled by the one who supports me; losing my identity; **losing myself**; being a coward; fear of saying and doing things to please the supporter; not strong enough to withstand others' opinions and speak my truth; needing to have blind trust in the supporter;

Fear of being subservient; being a doormat; the fear of needing to be loyal; having blind loyalty;

Fear of losing freedom – freedom of choice, action, expression, **Self**

Fear of losing integrity; having to make sacrifices, being co-dependent - justifying the perpetration (**of myself and others – creating more victims - not protecting my children**);

Being blinded and bound by a support contract; having golden handcuffs;

It won't last (nothing ever does); Let down, failure of the support system; being destitute;

Feeling the guilt of being supported; **feeling the emotional burden of being indebted**; having to give back what we received;

Fear of being very successful and then you have to give back even more; being indebted

Fear that if you are privileged you won't put effort in your life; being unmotivated, being resigned to my fate;

Being annihilated

Fear of being a spoiled brat, attracting negative attention; privileged

Fear of being disappointed and betrayed

Ascended

Sovereignty; truth; expression; freedom; unity; collaboration; co-creation;

Descended

Destruction; annihilation; suppression; oppression; enslavement; death;